

# Prayers from the Big Book

*"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray."*

William D. Silkworth, MD - Page xxx

*"God is everything or He is nothing. God either is or He isn't. What was our choice to be?"*

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*We asked His protection and care with complete abandon.*

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## Third Step

*God, I offer myself to Thee – to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!*

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## Fourth Step

### RESENTMENT

*We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done".*

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### FEAR

*We ask Him to remove our fear and direct our attention to what He would have us be.*

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### SEX

*We asked God to mold our ideals and help us live up to them.*

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*In meditation, we ask God what we do about each specific matter.*

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*To sum up about sex: We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing.*

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## Fifth Step

*We thank God from the bottom of our heart that we know Him better.*

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*We ask if we have omitted anything.*

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## Sixth Step

*If we still cling to something we will not let go, we ask God to help us be willing.*

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## Seventh Step

*My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen*

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## Eighth Step

*If we haven't the will to do this, we ask until it comes.*

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## Ninth Step

### LEGAL MATTERS

*We ask that we be given strength and direction to do the right thing, no matter what the personal consequences might be.*

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### OTHERS EFFECTED

*If we have obtained permission, have consulted with others, asked God to help.*

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### INFIDELITY

*Each might pray about it, having the other one's happiness uppermost in mind.*

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### FAMILY

*So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness and love.*

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## Tenth Step

*Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them.*

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*Everyday is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee - Thy will (not mine) be done".*

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## Eleventh Step

### NIGHT

*After mediation on the day just completed, "We ask God's forgiveness and inquire what corrective measures should be taken".*

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### MORNING

*Before we begin our day, "we ask god to direct our thinking, especially asking that it be divorced from self-pity... dishonest or self-seeking motives".*

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*In thinking about our day, "We ask God for inspiration, an intuitive thought or decision".*

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*We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will, and are careful to make no requests for ourselves only We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.*

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### ALL DAY

*As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.*

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## Twelfth Step

*Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order.*

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*Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed.*

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### **But Remember...**

*The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.*

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*When ready, we say something like this...*

*Page 76*

Prayers recited like magic incantations can have little effect. We must pray from our heart, with all the honesty and willingness to mean exactly what we say.

*It works, if we work it.*

*We will die, if we don't.*